# Anaconda Times

Proudly Serving the Soldiers of LSA Anaconda

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## Medical battalions have TOA ceremony

Story by Spc. James Truitt 13th COSCOM Public Affairs

he 109th Area Support Medical Bat talion (ASMB) from Iowa City, Iowa conducted a transfer of authority ceremony at LSA Anaconda with the 118th ASMB on March 4.

"The Soldiers of the 109th and all OIF Soldiers can be extremely proud of their service to their country and to the people of Iraq," said Command Sgt. Maj. Randy Osweiler of the 109th ASMB, "It's a sense of pride few civilians will ever understand."

Elements of the 109<sup>th</sup> ASMB arrived in theater on March 29, 2003. The rest of the battalion was deployed in theater by the second week of April 2003. Over the last year, the battalion has performed optical, mental health, and preventative medical services for over 100,000 patients for all services requiring medical attention and for Iraqi detainees.

During 109<sup>th</sup> ASMB's operations, their Soldiers ranged thru the northern 2/3 of Iraq and had as many as 25 teams located in up to 19 different locations. The 109<sup>th</sup> ASMB is now getting set to redeploy.

"[The battalion] faced adversity and overcame it," said Osweiler, "It was a big job and I'm extremely proud of the Soldiers because of what they've accomplished."

This is the first deployment for the 118<sup>th</sup> ASMB since the Korean War in 1950. The 118<sup>th</sup> ASMB is a National Guard unit from Newington, Conn., that is beginning a one-year deployment in Iraq.

"I look forward [to continuing] what the 109th will be leaving behind such as maintaining the quality of level one and level two [medical] treatment," said Sgt. Maj. Kim Walker of the 118th ASMB.

"The 109th has really paved the way for us," said Spc. Pedro Santiago, 118th ASMB, communications specialist, "Originally they lived and worked in ruins. But look around [the headquarters and living areas], they really built this place up and it's only going to get better."

"It's going to be exciting to see my kids again," said Staff Sgt. Robb Moyer, 109<sup>th</sup> ASMB, Nuclear Biological & Chemical NCO and father of two. "They're going to be a lot bigger."



Photo by Spc. James Truitt

Sgt. Maj. Kim Walker and Lt. Col. Robert Cody unfurl the 118th ASMB colors at the transfer of authority ceremony on the afternoon of March 4.

# MWR Council gives voice for Soldiers

Story by Sgt. Ann Venturato 13th COSCOM Public Affairs

he Anaconda Soldier and Airman Council, a joint council comprised of junior enlisted Soldiers to voice the suggestions of all Soldiers on Morale, Welfare and Recreation structured programs, held their second meeting on the afternoon of March 4 at the Distinguished Visitors Quarters here at LSA Anaconda.

"Many commanders and leaders are working very hard to make life here on Anaconda better, and this just kind of helps us do a gut check with the Soldiers to make sure that the things that we are trying to do; are the things that they would like to see happen," said Command Sgt. Maj. Dan Elder, the command sergeant major for the 13<sup>th</sup> COSCOM.

"The council is here to help the Soldiers out and to identify their problems and to get the problems fixed or have them brought up to the attention of someone else so they might be fixed," said Pfc. Amanda Clark, the ASAC president.

A lot of times we are able to solve our own problems in the meetings and any prob-

lem that can't be solved within the meeting is addressed to Sgt. Maj. Michael Patterson, the MWR facilities sergeant major, said Clark.

Sgt. Maj. Michael Patterson then brings those issues to the top non-commissioned officers on post and to those agencies on post to help resolve the issues, added Clark.

"We are trying to get the main subordinate commands to have representatives at the meetings so their units will have a voice of what is going on here," said Clark.

See Council, continued on page 3

# **NEWS**

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## MWR program opens new outdoor theater

Story by Cpt. Sarah Goodson 13th COSCOM Public Affairs

he Morale, Welfare and Recreation (MWR) program and facilities here on Camp Anaconda are being restructured to include an outside movie theater this week, new reinforced recreation and sports lounge tents during the next few weeks, and is starting construction on new gym.

"The objective of MWR is provide soldiers the best quality of life possible in the environment in which they live," said Johnnie Johnson, the manager of the Kellogg, Brown and Root (KBR) MWR Program here.

The outdoor theater beside the stadium will had its grand opening on March 6 at 7:30 p.m. The outdoor theater has a dual projector camera system that will use the large, newly renovated screen and chairs will be provided said Johnson.

The inside theater will have its grand opening on March 17; it will have first run movies and will be run by KBR and AAFES said Johnson.

"The new theaters are a place to spend time with friends," said Sgt. 1st Class Ernest Barrera with the 13th COSCOM G3, "I'll go there once they open up."

Food vendors are scheduled to be located either in the theater or its general location.

Additionally, KBR is in the process of building a new gym behind the old gym next to the stadium. It will have racquetball facilities, an aerobics room, and new weight and cardiovascular machines said Johnson.

There are gyms currently located by the indoor theater, across from DFAC 2 and near DFAC 4. The gym by DFAC 2 is smaller and contains cardio equipment and weight machines. The gym near DFAC 4 is a full size facility, said Johnson.

The indoor pool across from the Mayor's Cell also opened recently. According to the indoor pool program, the pool is open 24 hours a day, except on Wednesday when it is open limited hours in order to conduct maintenance. Some of the aquatics programs include swimming lessons, laps, water volleyball, and swimming competitions.

In addition, Armed Forces Network (AFN) satellites are being added to all the dining facilities so that news and AFN programming can be shown during meals, said Johnson.



hoto by Spc. James Truitt

During the ribbon cutting ceremony for the new outdoor theater on March 6, the two lowest ranking soldiers present were selected to go on stage and cut the traditional red ribbon. From right to left: Marvin Miller, Deputy Project Manager for KBR; Col. Charles Yriarte, the 82nd ROC Commander; Col. Darrell Roll, the 13th COSCOM Deputy Commander; Pfc. Diana Rodriguez, 4th CMMC, 13th Coscom; and Sgt. Melinda Bluemling, 326th QM. Det., water purification.

The MWR facilities next to the AAFES Exchange are also being renovated. They will continue to offer a free Internet café, a sports lounge with two wide screen televisions, and a recreational tent with music and game nights, said Kenneth Cotton, the MWR coordinator for KBR.

There are also three movies a day shown at the recreation tent rotating from 9 a.m. to 1200 a.m. every three hours, with a single break from 6 p.m. to 7 p.m. for aerobics, said Cotton.

Next to the recreational tent is the Sports Lounge with two large screen televisions that will play AFN Sports and news and have theme music nights.

The Internet café is located next to the recreational tent and will be moved to trailers.

"The Internet café is open to everybody and it is free," said Cotten, "Before KBR took over, you had to pay to use twenty of the computers. What we wanted to do to make it beneficial to the military, is to provide free services to the Soldiers."

"All the MWR improvements are a morale

booster," said Staff Sgt. Lisa Freeman with the 13th COSCOM Headquarters, "Understanding that we are in Iraq, at least we have some entertainment. It breaks up the monotony of a eight, ten, twelve hour shift."

The MWR program also allows units to reserve the tents ahead of time for planned functions, said Cotton. He asks that units submit their request by memorandum at least two weeks prior to the event with the number of people attending and their support requirements.

"A lot of units like to reserve MWR tents for special functions, so I will go coordinate that and make sure they have enough chairs, the right sound systems, and everything they need that we can provide to make their event successful," said Cotton.

"MWR is very important," said Cotton,
"Everybody needs it. Everybody needs
an outlet to go to and refresh, to sit back and
relax, a place to get away from all their worries. That is what we at KBR/MWR strive to
do, provide that outlet."

# NEWS

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## Engineers build legacy at Anaconda

Story by Spc. Blanka Stratford 13th COSCOM Public Affairs

ith its transfer of authority hav ing taken place March 5 and with its redeployment orders ready at hand, the 142nd Engineer Battalion, a National Guard unit based out of Fargo, N.D., is leaving its legacy in the shape of a red castle.

The castle, built by the battalion's Charlie Company, stands in the middle of a circle at the main road intersection of LSA Anaconda, Iraq, and is distinguished as a symbol of the hard work and accomplishments that the 142nd has attained over almost one year deployed to Iraq.

"As a whole, the battalion has completed over 700 missions for LSA Anaconda, Baghdad International Airport (BIAP), and Task Force Neighborhood," said Capt. Wayne Schlangen, 142nd Company C commander. "Company C itself has finished approximately 280 of those missions."

The 142nd was mobilized Jan. 24, 2003 and has been in country since April 27.

The 142nd Engineer Battalion is divided into three companies, each with separate missions assigned at battalion level.

Company A worked with the 3rd Armored Cavalry Regiment in Ar Ramadi, central Iraq, whereas Company B was involved in tasks around the Baghdad area of operations. Company C worked at LSA Anaconda.

According to the 142nd Engineer Battalion Web Site located on www.globalsecurity.org, the battalion's mission is to increase the combat effectiveness of division, corps and theater Army forces by accomplishing general engineering tasks and limited mobility, counter mobility, and survivability tasks.

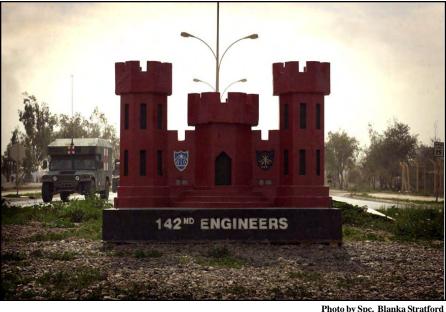


Photo by Spc. Blanka Stratford

#### Soldiers from C Company, 142nd Engineer Battalion constructed a castle, which stands in the middle of a traffic circle on Pennsylvania Avenue.

The unit is also tasked to construct, repair and maintain main supply routes, landing strips, buildings, structures, and utilities. Additionally, the 142nd performs rear area security operations to include infantry combat missions when required.

"The 142nd and its counterparts have contributed tremendously to the well-being of Soldiers throughout Iraq," said Schlangen.

"When we first arrived at LSA Anaconda, there were munitions scattered everywhere," said Sgt. 1st. Class Rodney Schindler, an operations non-commissioned-officer for 142nd, "Most of the equipment was battle damaged, there was garbage laying around, broken windows, and unexploded ordnances all over the place. We didn't even have perimeter security like we do now."

"LSA Anaconda went from being nothing to becoming a fully functional and secure military post," he said. "What one may observes now is the direct result of the engineers, and I'm very proud to be a part of that. We've truly accomplished a lot this year."

The 142nd as transferred its authority over to the 84th Engineer Battalion, which will be continuing the battalion's responsibilities at LSA Anaconda and surrounding areas.

"It's been a long and enduring year," said Schindler. "It's nice to be finally going home."

#### Council, continued from page 1

"The concept is for the Soldiers to use it as a forum to voice their desires, needs, and things they would like to see happen on the installation," said Elder,

"The junior Soldiers of the Army are sometimes the unsung voice," said Elder, "Their voices aren't always heard, not that leaders don't listen to them because I believe they do. But collectively I think we need to kind of get a feeling for the pulse."

"The council is a voice for all Soldiers here on Anaconda," said Elder, "That particular council member has the opportunity to go back and solicit other Soldiers thoughts on certain issues here on the installation and then they can be the voice for that battalion or that brigade. So we can make sure we are getting quality services and facilities for all Soldiers here."

Issues discussed at the meeting were the MWR schedule and policy.

### **Quote of Week**

"As long as there are people without I can never truly have plenty, even If I am very wealthy. I can never be who I am unless you are who you are. We are interdependent upon one another." - Dr. M.L.K.

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## Combating combat stress in Iraq

Story by Spc. Blanka Stratford 13th COSCOM Public Affairs

uring deployment and particu larly during major combat opera tions, muscle tension, light-headedness, upset stomach and lack of energy may all be signs of having a generally lousy day, but many times these symptoms may be part of a more singular issue: combat stress.

It is a matter the 113th Medical Company (Combat Stress Control), a reserve unit based out of Stanton, Calif., is all too familiar with. Currently headquartered in Baghdad, Iraq, but with units based in various areas of the country, the 113<sup>th</sup> Med. Co. works to control combat stress and its accompanying conditions.

"It's important to know that combat stress is not an unusualcircumstance," said Maj. Scott Uithol, officer-in-charge of the 113th Med. Co. fitness team at LSA Anaconda. "Combat stress is the stress a normal person has in response to an abnormal situation, such as warfare. The people that are seen at the 113th CSC are not considered patients. They are still service members."

Reactions resulting from combat stress, which has also been known as battle fatigue, shell shock, or post-traumatic stress disorder (PTSD), may include common physical signs such as aches, dry mouth and breathlessness.

According to Uithol, mental and emotional signs such as anxiety, forget-fulness and trouble communicating; or more serious signs such as loss of mobility, reckless actions and even hallucinations are also symptoms could happen to anyone undergoing prolonged exposure to a demanding and stressful situation.

"Combat stress control units were initially made for combat units such as the infantry and field artillery, for personnel who are constantly doing raids or patrols, getting little sleep and hardly any time to relax," said Spc. Rebecca Argall, mental health specialist for the 113th Med. Co., "For this, CSC created fitness and prevention teams."

The prevention team is normally a four-man team with two doctors [i.e. psychologists, psychiatrists] and two enlisted members [mental health specialists] who

any related stresses; and they have a place to rest, without having to worry about waking up for patrols in the middle of the night; and they may receive observation and medication if they need it."

"The CSC fitness team also provides a range of classes," said Argall.

The classes available to all service members at LSAAnaconda include stress management, anger management, home front issues, relaxation therapy, goal setting, problem solving, and suicide prevention.

They take place at varying times Monday through Friday at bldg. 4116, located on the corner of Sapper Ave. and Ohio St.

"It's not always necessary for a Soldier to stay here," said Argall. "Sometimes all that one may need is some classes for better coping skills and better ways to adjust."

Argall said she highly recommends attending one of the CRC's programs for any Soldier who feels that he or she may need some help.

"If nothing else, this is a place where a Soldier can feel safe, sit down and vent, and get an outside perspective on the situation he or she is going through," she said.

During a counseling session, any information that is divulged by a Soldier is kept strictly confidential unless it pertains to suicide, homicide, domestic abuse or sexual assault

"We're here to provide shelter, rest and relaxation that Soldiers need to rejoin the fight with their units," said Uithol. "We've had a 95% success rate with the Soldiers we've seen

The 113th Medical Company (CSC) itself has been boots-on-ground for nearly a year and will be undergoing a transfer of authority to the 785th Med. Co. (CSC), March 17.

For more information about combat stress, its symptoms and relief, class dates and times, contact the 113th/785th Medical Company at DNVT # 558-4970.



screen a Soldier in order to assess his or her dilemma.

"If Soldiers need what we call 'three hots and a cot,' they'll come to the fitness program for 72 hours," said Argall. "The fitness team is in a stable area, whereas the prevention team will move depending on who they're supporting and where they're located."

According to Argall, the fitness program was constructed so that Soldiers have one-on-one counseling; they have someone to talk to about any family issues; they get a break from the unit and

# LIFESTYLES

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## QUESTION OF THE WEEK

### What kind of activities do you do in your down time?



## 1st Lt. Roberto Davila HHC 13th COSCOM

"Usually when I get to my room I watch movies, read books, and listen to rock and roll."



Spc. Lakeisha Corbin HHC 185<sup>th</sup> Ava Gp.

"My focus right now is school so I've been occupying myself trying to further my education."



Staff Sgt. Daniel Deas 269<sup>th</sup> Eng. Co.

"I read Tom Clancy books and watch whatever movies available."



Sgt. Gloria Payne 4th CMMC, 13th COSCOM

"I work out at the gym, go swimming at the pool, and I read."



### Pvt. Melissa Pontillo B - Det 38<sup>th</sup> PSB

"I just got here a few days ago, so I've been doing a whole lot of praying and hoping that the rest of my unit makes it here safely."





1st. Lt. Michael Lazo A Co., 118<sup>th</sup> Med Bn

"I spent [time] doing construction work and making sure the contractors do everything right. I also try to get to the gym as often as I can."

# LIFESTYLES

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### Billboard Top 20 Albums

- 1. Norah Jones, Feels Like Home
- 2. Kanye West, The College Dropout
- 3. Young Gunz, Tough Luv
- 4. Evanescence, Fallen
- 5. Kenny Chesney, When The Sun Goes Down
- 6. Josh Groban., Closer
- 7. Outkast, Speakerboxxx/The Love Below
- 8. Twista, Kamikaze
- 9. Eamon, I Don't Want You Back
- 10. Sheryl Crow, The Very Best Of Sheryl Crow
- 11. Maroon5, Songs About Jane
- 12. Trillville/Lil Scrappy., The King Of Crunk
- 13. Chingy, Jackpot
- 14. Britney Spears, In The Zone
- 15. Nickelback, The Long Road
- 16. Jessica Simpson, In This Skin
- 17. JC Chasez, Schizophrenic
- 18. Harry Connick, Jr., Only You
- 19. Soundtrack, The Passion Of The Christ
- 20. Incubus, A Crow Left Of The Murder







### MOVIE REVIEW

By Spc. James Truitt

(films found at AAFES)

#### **Artificial Intelligence**



This film is about a robot built to service families who have suffered the loss of a child. What sets this particular 'mecca', or robot, apart from others is that it is designed to love his 'adoptive parents' unconditionally. The problem? What happens to the child robot after its services are no longer needed? It has a very original story line, the cinematography is great, and it's a 'pretty'

movie to watch. All in all 'A.I.' a decent film.

#### The Godfather Saga

Ok... so I've lived in a bubble all my life... at least now I can say I have seen one of the best trilogies of all time. 'The Godfa-



ther saga' details the lives of father and son as they rise to the ranks of Godfather in the mafia underworld. Crime, violence, love and betrayal, these movies have it all! Directed by Francis Ford Coppola and starring Al Pacino, Marlon Brando, and Robert DeNiro this epic tale is a must see for any avid movie fan.

### **Just Cause**



Here's the scoop. A Florida man is coerced into admitting he raped and killed a young girl. He is tried, found guilty, and now sits on death row for the alleged crime. Now it's up to Sean Connery's character, a Harvard law professor, to find out 'who done it' and attempt to justify wrong. The twists and turns in the story line make the film worth watching and will keep you guessing till the end.

# **SPORTS**

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NBA Conference Standings						
<b>Eastern Conference</b>		Western Conference				
Atlantic	Streak	Midwest	Streak			
<u>Nets</u>	Lost 1	<b>Timberwolves</b>	Won 1			
<b>Knicks</b>	Won 1	<u>Spurs</u>	Won 1			
<u>Celtics</u>	Won 3	<b>Mavericks</b>	Lost 1			
<u>76ers</u>	Lost 2	<u>Grizzlies</u>	Won 3			
<u>Heat</u>	Won 1	Rockets	Lost 2			
<u>Wizards</u>	Won 2	<u>Nuggets</u>	Lost 1			
Magic	Lost 2	Jazz	Won 4			
Central	Streak	Pacific	Streak			
<u>Pacers</u>	Won 3	<u>Kings</u>	Won 3			
<u>Pistons</u>	Won 1	Lakers	Won 1			
<b>Hornets</b>	Won 1	<b>SuperSonics</b>	Lost 2			
<b>Bucks</b>	Lost 1	Trail Blazers	Lost 4			
<u>Raptors</u>	Lost 1	<u>Warriors</u>	Lost 3			
Cavaliers	Won 1	<u>Clippers</u>	Lost 3			
<u>Hawks</u>	Lost 1	<u>Suns</u>	Won 1			
<u>Bulls</u>	Lost 1					

NHL Conference Standings						
<b>Eastern Conference</b>		Western Confe	Western Conference			
Atlantic	Last 10	Central	Last 10			
<u>Flyers</u>	4-4-1-1	Red Wings	7-2-1-0			
<u>Devils</u>	5-4-1-0	<u>Blues</u>	3-4-2-1			
<u>Islanders</u>	3-3-3-1	<b>Predators</b>	6-3-1-0			
Rangers	2-7-0-1	Blue Jackets	4-6-0-0			
Penguins	2-6-1-1	<b>Blackhawks</b>	3-5-2-0			
Northeast	Last 10	Northwest	Last 10			
Maple Leafs	6-4-0-0	Avalanche	2-5-2-1			
Senators	5-2-2-1	<u>Canucks</u>	4-4-1-1			
<b>Bruins</b>	4-2-2-2	Flames	5-5-0-0			
Canadiens	6-4-0-0	Wild	2-5-3-0			
Sabres	5-4-1-0	<u>Oilers</u>	4-2-3-1			
Southeast	Last 10	Pacific	Last 10			
Lightning	8-0-0-2	<u>Sharks</u>	7-2-0-1			
<b>Panthers</b>	4-3-3-0	<u>Stars</u>	6-2-2-0			
<b>Thrashers</b>	6-4-0-0	<u>Kings</u>	3-3-3-1			
<u>Hurricanes</u>	3-2-3-2	Coyotes	2-5-1-2			
<u>Capitals</u>	3-5-2-0	Mighty Ducks	6-2-1-1			

NBA Scoreboard					
Kings(45-15)	114	Bucks (33-27)	105		
76ers(24-38)	105	Magic (17-46)	97		
Hawks (20-40)	94	Nets (37-23)	74		
Lakers (38-21)	93	Suns (21-41)	87		
Supersonics (27-33)	96	Pistons (39-25)	83		
Mavericks (39-20)	107	Trailblazers (29-32)	68		
Bucks (33-28)	98	Knicks (27-35)	88		
Heat (26-36)	104	76ers (24-37)	77		
Warriors (25-34)	88	Spurs (40-21)	88		
Pacers (44-16)	96	Supersonics (27-34)	84		
Clippers (25-34)	106	Caveliers (25-36)	112		
Kings (44-15)	113	Hawks (20-41)	80		
Lakers (39-21)	96	Mavericks (39-21)	97		
Rockets (34-26)	93	Timberwolves	121		
Raptors (26-34)	89	Bulls (18-43)	97		
Heat (25-36)	86	Hornets (33-28)	100		
***					

NHLScoreboard						
Oilers (27-27-11-2)	1	Devils (34-20-11-1)	5			
Blues (29-26-9-2)	1	Panthers (24-27-14-3)	2			
Sabres (29-30-6-1)	4	Wild (21-26-17-2)	0			
Senators (35-17-9-5)	3	Mighty Ducks(24-26-9-8)	2			
Maple Leafs (36-19-9-3)	3	Red Wings (38-17-9-2)	2			
Bruins (31-16-13-7)	2	Flames (33-25-5-3)	1			
Penguins (13-44-6-4)	4	Avalanche (33-16-12-5)	5			
Predators (33-24-8-2)	9	Canucks (35-19-8-4)	5			
Stars (33-22-11-0)	4	Flyers (34-16-12-6)	5			
Blue Jackets (20-35-8-4)	2	Predators (32-24-8-2)	2			
Lightning (37-17-7-5)	5	Penguins(13-43-6-4)	3			
BlackHawks (18-34-9-5)	3	Islanders (30-23-10-3)	3			

Notes: The Heat outlasted the Bucks to move into a tie for the last playoff spot. Red Wings' center Kris
Draper is expected to be sidelined for four weeks after partially tearing his rotator cuff during practice on Wednesday.

# **PHOTOS**

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Photo by Sgt. Ann Venturato
Pfc. Amanda Clark, the president of the Army
Soldier and Airman Council takes notes during the
meeting about MWR activities on March 4.



A OH58D helicopter kicks up some desert dust flying over LSA Anaconda.

### Pvt. Murphy





Photo by Command Sgt. Maj. Michael Mabee

Pfc. Duy Nguyen from the HHC, 167th Corps Support Group at the mobilization station at Fort Drum, New York, just prior to deployment to theater.